ABSTRACT

The present invention provides a massage machine
comprising a physiological sensor 5 for detecting

5   physiological data of autonomic nerve system of the user
and a control circuit 6 for controlling a massage operation
based on the physiological data detected by the sensor 5.
The control circuit 6 estimates a psychological state of
the user based on variations of the physiological data

10   detected by the sensor 5 by an execution of a preliminary
massage, and thereafter adjusts a full massage operation in
accordance with the estimated psychological state. For the
preliminary massage, one typical massage movement is
performed from among a plurality of massage movements to be

15   performed for the full massage.